

HEALTH CONNECT



CONNECTING PATIENTS FOR BETTER HEALTH

December 2019

National Impaired Driving Prevention Month

Every day, almost 29 people in the United States die in impaired vehicle crashes - that's one person every 50 minutes. The holiday season from Thanksgiving to New Year's Day is one of the deadliest and most dangerous times on America's roads due to the increase in impaired driving. Impaired driving includes alcohol, drugs (legal and illegal) and distracted driving.

Approximately 10,200 people die in impaired driving crashes in America each year- 30% of all traffic related deaths.



1,233 deaths in children under the age of 14 are from impaired driving related crashes.

Texas has the most impaired driving related deaths in the country.



Do Your Part

SOBER DRIVERS

Plan on having a sober driver prior to any event there will be alcohol consumed or if any medications have been consumed. If a designated driver is not available, utilize ride sharing companies like Lyft, Uber or a taxi. A \$20 ride is cheaper than the average DWI/DUI legal fees of \$17,000.



Nurse Advice Line 24/7

800-TRICARE
(800-874-2273)

**Hampton Roads
Appointment Center**
(866) 645-4584

Emergency Room
(757) 953-1365

Pharmacy Refill
Local: (757) 953-MEDS (6337)
Toll Free: (866) 285-1008

Information
(757) 953-5008

Customer Service Office
(757) 953-2600

Relay Health Secure Messaging
<https://app.mil.relayhealth.com/>

Check out
NMCP
on social
media



Holiday Healthy Eating

'Tis the season for family, festivity, and food—lots of food. Temptations are everywhere, and parties and travel disrupt daily routines. What's more, it all goes on for weeks.

Americans gain about one to two pounds during the holidays. While this doesn't sound so dramatic, research shows it adds up over the years. Luckily, there are ways to avoid holiday weight gain.

Tip #1: Don't Skip Meals

Saving your appetite for a big holiday party or feast? Don't. Skipping meals during the day may result in overeating. It is especially important to have breakfast. Research shows that those who eat this important morning meal tend to consume fewer calories throughout the day.

Tip #2: Eat Small Portions

Holiday meals tend to be large, buffet-style and include second and third helpings. While one might not eat an entire cake, a common mistake is eating large portions of foods that are perceived as healthy.

Tip #4: Keep Moving

Finally, after dinner get some physical activity. This is a great time to go for a walk and catch up with family members.

Remember what the season is about — celebrating and connecting with the people you care about. When you focus more on the fun, it's easier to focus less on the food.

For more information on eating healthy, contact a dietitian nutritionist in your area.

Know Your Limits

Many of us have been there at some point in our lives. The nights when you took it too far, had one drink too many and crossed your line. You may have lost control of your inhibitions and jeopardized a relationship, got into a fight, said things you didn't mean or did something you would never have done without the alcohol.

It may have taken you that one time to learn your limit, or, depending on your relationship with alcohol, you may still be looking. For some, it's not as easy as just growing out of it. Different things work for different people and whether you refer to them as rules, guidelines, strategies or experiments, it's important to try a few techniques to see what works for you.

Here are some helpful tips:

- Keep track. Keep track of how much you drink.
- Find alternatives. If drinking has occupied your time, fill free time by developing new, healthy activities, hobbies and relationships, or renewing one you've missed.
- Avoid triggers. What triggers your urge to drink? If certain people or places make you drink even when you don't want to, try to avoid them.
- Know your "no". You're likely to be offered a drink at times when you don't want one. Have a polite, convincing "no thanks" ready. The faster you can say no to these offers, the less likely you are to give in.

Small changes can make a big difference in reducing your chances of having alcohol-related problems. Whatever strategies you choose, give them a fair trial. If one approach doesn't work, try something else. If you haven't made progress in cutting down after two to three months, consider quitting drinking altogether, seeking professional help, or both.

Holiday Stress Management

NMCP Public Affairs Office

The Holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays present a dizzying array of demands — parties, shopping, baking, cleaning and entertaining, just to name a few.

With some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

1. Acknowledge your feelings. If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings.

2. Reach out. If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others is a good way to lift your spirits and broaden your friendships.

3. Set aside differences. Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion.

4. Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget.

5. Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

6. Seek professional help if you need it. Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless. If these feelings last for a while, talk to your doctor or a mental health professional.

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays.

HEALTHY WEIGHT

ShipShape Weight Management Program:

8-week intensive program for adults. To register, call the HRAC at (866) 645-4584.

Right Weigh: 4-week program for learning to manage your weight the right way. To register, call (757) 953-9247 or 953-1927.

For more information on Health Promotion and Wellness Department programs and resources, call (757) 953-1927.

TOBACCO CESSATION

Tobacco Cessation Class

1st and 3rd Tuesday
of every month from 1 – 3 p.m.

One-on-One Counseling

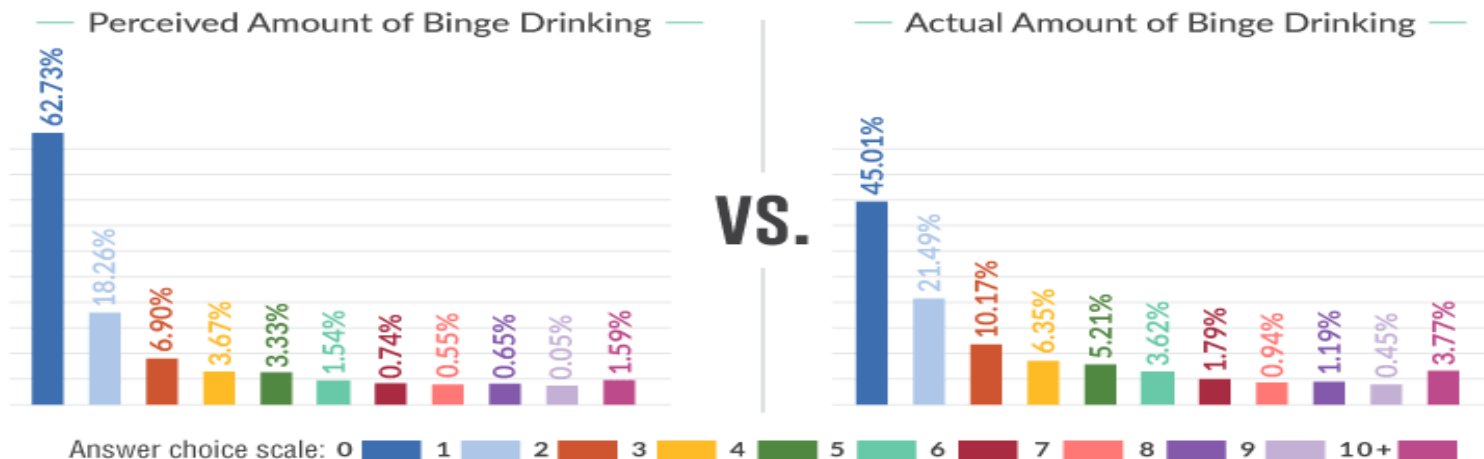
Call today to schedule!

For more information, call
(757) 953-1927 or 953-1934



DRINKING VS. DRUNK

The rate of perceived binge drinking compared with actual binge drinking reports (over a one-month period).



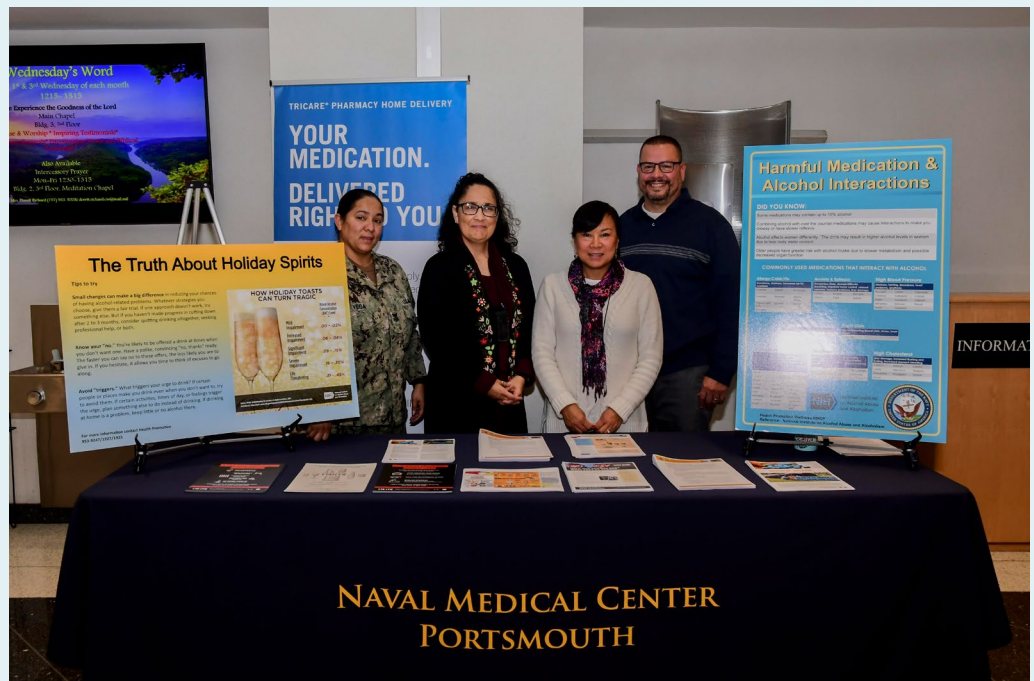
National Impaired Driving Prevention

NMCP Public Affairs Office

December is National Impaired Driving Prevention Month. Naval Medical Center Portsmouth's Health Promotion and Wellness Department hosted an Impaired Driving Health Fair on Dec. 4. The event featured informational pamphlets and statistics, provided by the Centers for Disease Control and Prevention (CDC), to educate the medical center staff and beneficiaries. The fair highlighted information about alcohol use and affects. Participants had the opportunity to wear beer goggles and ride a bike to show how drinking changes depth perception.

"We're having an Impaired Driving Prevention event to help increase awareness about the effects of alcohol and medications," said Alice Fitzpatrick, Health Promotion and Wellness Department community health educator.

"During the holidays, a lot of times people are mixing alcohol and medication. We want our beneficiaries and staff to stay safe during the holidays while being festive and enjoying the season. We have a lot of information about the medication interactions, the effects of alcohol and the amount of alcohol that can cause certain effects."



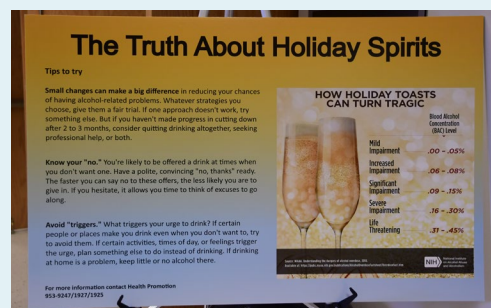
End of the year holidays are a time for celebration. Office parties and family gatherings can, however, create environments and opportunities that increase the risk for Sailors and Marines to engage in unhealthy behaviors that impair driving, especially drinking and driving. Operating a motor vehicle under the influence of alcohol can have real life consequences, particularly during the holidays when there are more drivers on the road, many of them heading to or from celebrations.

Many people enjoy a drink or two, especially when socializing with friends and family, but drinking too much or too often can lead to dangerous consequences.

Alcohol is the fourth leading preventable cause of death in the United States, killing around 88,000 people each year.

"It's important to understand your limits and know that drinking is okay, but only with responsible use," said Hospital Corpsman 1st Class Emily Vega, Navy Environmental and Preventative Medicine Unit (NEPMU) 2.

Although the holidays are a time to celebrate, you should do so responsibly. Take the time to put a plan in place before the festivities begin, so you can enjoy time with friends and family. Celebrate safely this holiday season by being a sober driver.



GET CONNECTED

Download the NMCP app today and get access to:

- News and announcements
- Interactive maps
- Pharmacy wait times
- Telephone directory
- Relay Health
- ICE feedback
- and so much more!



118,000
patients with a PCM at one
of our 10 facilities

22
Medical Home
Port teams

440,000
patients we serve – active duty,
retired and families

SEASONAL AFFECTIVE DISORDER

If you've got the **winter blues**, you may actually be experiencing **seasonal affective disorder**.

Seasonal affective disorder is a type of depression that comes and goes with the seasons. It usually starts in the late fall and early winter and goes away during the spring and summer.

SYMPTOMS:

- ❄ Sadness
- ❄ Gloomy outlook
- ❄ Feeling hopeless, worthless, and irritable
- ❄ Loss of interest or pleasure in activities you used to enjoy
- ❄ Low energy
- ❄ Difficulty sleeping or oversleeping
- ❄ Carbohydrate cravings and weight gain
- ❄ Thoughts of death or suicide



Are you or loved one may be experiencing seasonal affective disorder?
Help is just a click or a call away.

Visit tricare.mil/crisislines to learn more.

